

What is claimed is :

1. A composition comprising biotin in an amount sufficient to administer to a subject a daily dosage of 0.01 mg per kg body weight to about 3 mg per kg body weight and at least one additional component selected from pantethine or a metabolite thereof, EGCG,  
5 phytanic acid, lipoic acid and policosanol.
2. A composition as in claim 1 wherein biotin and at least one additional component selected from pantethine or a metabolite thereof, EGCG, phytanic acid and lipoic acid is present.
3. A composition as in claim 1 or 2 wherein pantethine is present.
- 10 4. A composition as in claim 3 containing pantethine in an amount sufficient to administer to a subject a daily dosage of 1 mg per kg body weight to about 50 mg per kg body weight.
5. A composition as in any one of claims 1-4 wherein EGCG is present.
6. A composition as in claim 5 containing EGCG in an amount sufficient to administer to  
15 a subject a daily dosage of 0.3 mg per kg body weight to about 30 mg per kg body weight.
7. A composition as in any one of claims 1-6 wherein phytanic acid is present.
8. A composition as in claim 7 containing phytanic acid in an amount sufficient to administer to a subject a daily dosage of 1 mg per kg body weight to about 100 mg per kg body weight.
- 20 9. A composition as in any one of claims 1-8 wherein lipoic acid is present.
10. A composition as in claim 9 wherein lipoic acid is present in an amount sufficient to administer to a subject a daily dosage of 0.3 mg per kg body weight to about 30 mg per kg body weight.
11. A composition as in any one of claims 1-10 wherein policosanol is present.
- 25 12. A composition as in claim 11 wherein policosanol is present in an amount sufficient to administer to a subject a daily dosage of 0.002 mg per kg body weight to about 1.5 mg per kg body weight.
13. A composition as in any one of claims 1-12 which is in dosage unit form.
14. A composition as in claim 13 wherein the dosage unit form is a solid dosage unit form.

15. A composition as in claim 14 wherein the dosage unit form contains about 0.35 mg to about 200 mg of biotin.
16. A composition as in claim 13 wherein the dosage unit form is a liquid dosage unit form.
- 5 17. A composition as in claim 16 wherein the dosage unit form contains about 0.35 mg to about 200 mg of biotin per ml.
18. A composition as in any one of claims 1-12 which is a food or beverage or a supplement composition for a food or beverage.
- 10 19. A food or beverage comprising about 0.03 mg to about 50 mg of biotin per serving and at least one additional component selected from pantethine or a metabolite thereof, EGCG, phytanic acid, lipoic acid and policosanol.
20. A food or beverage comprising about 0.03 mg to about 50 mg of biotin per serving and at least one additional component selected from pantethine or a metabolite thereof, EGCG, phytanic acid and lipoic acid.
- 15 21. The use of biotin and at least one additional component selected from pantethine or a metabolite thereof, EGCG, phytanic acid, lipoic acid and policosanol in the manufacture of a nutraceutical composition, said biotin being used in an amount sufficient to provide a daily dosage of 0.01 mg per kg body weight to about 3 mg per kg body weight.
- 20 22. The use of biotin and at least one additional component selected from pantethine or a metabolite thereof, EGCG, phytanic acid and lipoic acid in the manufacture of a nutraceutical composition, said biotin being used in an amount sufficient to provide a daily dosage of 0.01 mg per kg body weight to about 3 mg per kg body weight.
23. The use as in any one of claims 19-22 wherein the nutraceutical composition is a food or beverage, or a supplement composition for food or beverage.
- 25 24. The use as in claim 23 wherein the nutraceutical composition is intended for the treatment of both type 1 and 2 diabetes, and for the prevention of type 2 diabetes in those individuals with pre-diabetes, or impaired glucose tolerance (IGT) or obesity.
- 30 25. The use as in claim 24 wherein the nutraceutical composition is a pharmaceutical composition for the treatment of both type 1 and 2 diabetes, and for the prevention of type 2 diabetes in those individuals with pre-diabetes, or impaired glucose tolerance (IGT) or obesity.

26. A method for the treatment of both type 1 and 2 diabetes, and for the prevention of type 2 diabetes in those individuals with pre-diabetes, or impaired glucose tolerance (IGT) or obesity which comprises administering to a subject in need of such treatment biotin in a daily dosage of 0.01 mg per kg body weight to about 3 mg per kg body weight together  
5 with at least one additional component selected from pantethine or a metabolite thereof, EGCG, phytanic acid, lipoic acid and policosanol.

27. A method for the treatment of both type 1 and 2 diabetes, and for the prevention of type 2 diabetes in those individuals with pre-diabetes, or impaired glucose tolerance (IGT) or obesity which comprises administering to a subject in need of such treatment biotin in a  
10 daily dosage of 0.01 mg per kg body weight to about 3 mg per kg body weight together with at least one additional component selected from pantethine or a metabolite thereof, EGCG, phytanic acid and lipoic acid.

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